Ottawa metro

Your essential daily news | TUESDAY, JUNE 21, 2016 | High 22°C/Low 14°C A mix of sun and cloud

ROSEMARY WESTWOOD

Anger at root of golf gag not so 'good-natured'

On Monday Hydro Ottawa announced it will be acquiring the Quebec-owned portion of the dam to maximize local hydro power from the Chaudière Island project. HALEY RITCHIE/METRO

TD Place says sorry about the heat

MAINTENANCE

UFC fans boiling over lack of air conditioning

Joe Lofaro
Metro | Ottawa

TD Place is apologizing to fans who were left hot and bothered by a lack of adequate air conditioning during the city's first-ever Ultimate Fighting Championship night.

Sweaty fans bombarded the TD Place and UFC Twitter accounts on Saturday night during the highly anticipated event, which drew 10,490 people.

One fan told Metro his eight-year-old son suffered heat stroke and had to miss his favourite fighters while staff cooled him off with ice packs.

Bernie Ashe, CEO of the Ottawa Sports and Entertainment Group, said Monday crews began installing five air conditioning units inside the arena several weeks ago, but only three were blowing cold air into the building last weekend.

"We started the air conditioning work as soon as the (Ottawa 67s) season ended, so we had about 60 days to put in an air conditioning system in a building that is 50 years old that has never had air conditioning in its history," said Ashe.

"We had a tall challenge to meet and we did our best, but failed to have it completely finished."

With a seven-hour event that saw 95 per cent of people remaining until past 1 a.m. on one of the hottest days of the year, it was a recipe for one "uncomfortable" night, Ashe said. The event was otherwise a success, he added.

"We had a tall challenge to meet and we did our best, but failed to have it completely finished."
Bernie Ashe

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metro NEWS
Your essential daily news

Hasbro gives "Chewbacca Mom," who laughed so much on video that it went viral, her own action figure.

Injection site to be secure

DRUGS

Group seeks to address fears as proposal to go to council

Joe Lofaro
Metro | Ottawa

The group that is proposing to create a supervised injection site in Sandy Hill said it will have security on site to address fears about an increase in drug-related crime — something Ottawa police chief Charles Bordeleau said is a significant concern.

The Sandy Hill Community Health Centre is gearing up to formally ask the federal government for an exemption to allow such a site to exist, but has to win the support of city leaders first.

The site would offer a kit to drug users to inject illicit drugs, such as heroin, using a clean needle and alcohol swabs under the supervision of a nurse.

Rob Boyd, director of the centre's Oasis drug treatment program, said in an interview Monday that he expects to submit a draft security plan to Bordeleau in the coming days.

The plan would include a mobile security staff member from the centre equipped with a cell phone who would be responsible for ensuring visitors are not actively loitering or trafficking illegal drugs in the vicinity, he said.

"If you do see somebody buying and selling drugs, let us know and we can respond to that," said Boyd.

Bordeleau told Metro recently that he worries the neighbourhood would see an increase in drug traffickers preying on vulnerable drug addicts.

"They'll go in, inject their illegal drugs, and then after a period of time come back out. So it's not as if they're going to be living in a bubble and being isolated from everything. They come back out into the community and potentially walking around and hang around that specific area," said Bordeleau.

"This is not just my concern. This is the stuff that we are hearing from members of the community that have serious concerns about the potential impact of crime and disorder issues in their neighbourhood."

Liz Evans, executive director for the PHS community society holds up a injection kit at Insite in Vancouver on May 6, 2008. Ottawa police chief Charles Bordeleau said he is waiting to see a plan from the Sandy Hill Community Health Centre on how it will address public safety concerns about creating a supervised injection site. JONATHAN HAYWARD/THE CANADIAN PRESS

CITY A STEP CLOSER TO HOOKAH PIPE BAN

Lucy Scholey
Metro | Ottawa

Anyone who puffs a hookah pipe on a patio or in a restaurant in Ottawa could face fines sooner than initially thought.

On Monday, the city's board of health unanimously voted in favour of banning water-pipe smoking in enclosed public spaces, work places and outdoor patios. If it passes the community of protective services committee and council, the new bylaw would effectively put water pipes on par with cigarettes.

Coun. Mathieu Fleury tabled a motion to speed up the enforcement date to Jan. 1, 2017.

The ticketing phase was initially set for April 1.

A "warning phase" will start a month earlier, in December, to make sure all hookah bar owners are up to speed with the new bylaw.

"I think we've been clear for long enough at this table," said Fleury.

The province passed amendments to the Smoke-Free Ontario Act on June 9, banning medical cannabis and e-cigarettes in the same areas where tobacco is prohibited.

However, the law does not include water pipes. That's why the city is stepping in.

CITY STAFF

Complaint line calls way up

Lucy Scholey
Metro | Ottawa

More people are snitching on Ottawa city employees than ever before.

According to a report released on Monday, the city received 319 reports to its fraud and waste hotline in 2015 compared to 166 calls the previous year. That marks a whopping 92 per cent increase.

That's the most reports the city has heard since the snitch hotline was created in 2005.

The hotline is a way for Ottawa workers and residents to anonymously report on any wrongdoing.

The 2015 reports ranged from an employee stealing a measly $68 from a city facility (that person was fired) to a $13,000 theft in property from city vehicles (the property was never recovered). In another report, an employee was seen wearing a city uniform off-duty during a recreational event. Another employee was spotted smoking near the entrance of a city building. Both employees were given a talking to about the code of conduct and city bylaws, respectively.

Last year's reports resulted in six employee terminations and one resignation. Other disciplinary actions included discussions and suspensions.

At least one employee was fired for taking sick leave to work somewhere else.

The 2015 report also said an employee who was fired in 2014 for mishandling cash has since been criminally charged.

Auditor General Ken Hughes said the spike in reports to the hotline does not mean more city employees are doing unethical things on the job.

The city published a separate fraud and waste hotline report for the first time last year, which garnered a lot of attention.

That could mean more people became aware of the hotline, he said.

"This is the new normal," Hughes said.

The City of Ottawa has 17,000 employees. The fraud and waste hotline reports do not reflect on all city workers, stressed city manager Steve Kanellakos.

It's unclear how much the city saves — compared to how much it spends — on these investigations, but Kanellakos said the city would start tracking those statistics.

TRANSITWAY

Closure this weekend

Emma Jackson
Metro | Ottawa

Your commute will change yet again this weekend as the final leg of the Transitway shuts down for light rail construction.

The last 600 metres between Holland Avenue and Merton Street will close to buses forever on Friday, as the rapid bus corridor will be converted to rail over the next two years.

Dozens of bus routes will instead run on Scott from Holland Avenue all the way into the downtown, using temporary dedicated bus lanes.

As part of the changes, a bus stop on the south side of Scott will also move to Holland, serving routes 16, 86 and 176.

There are also some temporary closures planned for this weekend, as crews rush to reconfigure Tunney's Pasture's upper levels.

The Transitway will close from Westboro Station to Tunney's Pasture Friday to Sunday, sending buses onto Scott.

IN BRIEF

Stonecrest wants your e-waste donations

Stonecrest Elementary School will help you clear out the clutter with its free e-waste and clothing drop-off, running June 20 to 24.

The school council partnered with the Ontario Electronic Stewardship and Ontario Federation for Cerebral Palsy to offer a one-week e-waste and clothing collection at the school.

METROLAND MEDIA

PEDESTRIAN CROSSOVERS

Public opinion wanted

Crossing the Queen Elizabeth Driveway might not feel like playing Frogger much longer.

The National Capital Commission is pushing an online survey for feedback about two pedestrian crossovers planned near Dow's Lake and the Glebe.

The Glebe crossover would be built just west of the Bank Street bridge, at Queen Elizabeth Place, where the multi-use pathway meets the road.

The crossing would have an island in the middle, and flashing beacons would alert drivers that someone wants to cross. Under new Highway Traffic Act rules all drivers and cyclists would have to yield.

An eastbound left turn lane onto Queen Elizabeth Place would be maintained, but the westbound right turn lane would disappear.

Further west, a smaller crossover would be installed at Commissioner's Park. In a 2011 study, that spot had almost double the traffic and pedestrian volumes required to warrant a crosswalk.

EMMA JACKSON/METRO

Working toward positive change

Today is **National Aboriginal Day**. Now in its 20th year, the day is a chance to recognize the many indigenous cultures across the country. Ottawa is rich with indigenous culture: It's home to the largest Inuit population outside the Arctic, for one thing, and organizations like the Wabano Centre and the Odawa Native Friendship Centre keep aboriginal culture alive while supporting vulnerable residents in the community. But the capital is far from perfect, as the three residents below will tell you. From curriculum updates to better LGBTQ support, here's what they think Ottawa can do to improve.

EMMA JACKSON METRO

RJ Jones COURTESY WAUB RICE

LGBTQ

'A lack of compassion'

RJ Jones knows first-hand the isolation and homophobia that can accompany coming out in an indigenous community.

"I've found within my own experience a lot of lack of sensitivity and a lack of compassion," said Jones, who is from the Saulteaux-Cree nation.

Jones identifies as two-spirit, and said traditional gender roles are still very much a part of indigenous communities.

"They're heavily ingrained and it doesn't allow for people who are gender fluid," Jones said.

There's a gap in support networks for indigenous LGBTQ youth, and to that end Jones is working to become a "gender diverse doula" — basically, applying the concepts of a traditional birthing coach to LGBTQ indigenous youth.

"(Traditional doulas) meet people where they're at and help them and guide them through those processes," Jones said. "It's a lot of listening and thinking where I can help folks who are going through that kind of dysphoria."

Still, Jones would like to see a larger grassroots campaign — backed up by structured support groups — to help LGBTQ indigenous youth feel less isolated in the capital.

"There are not many Indigenous folks who are young and open with their sexuality and open with themselves in terms of gender expression," Jones said.

Shady Hafez COURTESY ANNA ULIANA

SCHOOLS

Inclusivity in the classroom

Changing attitudes about aboriginal culture has to start in primary school, said local blogger and advocate Shady Hafez.

Hafez is an Algonquin from Kitigan Zibi Anishinabeg, but is also Syrian on his father's side. He ran Carleton University's Centre for Aboriginal Culture and Education for several years, but said aboriginal education has to start much earlier than that.

"I think all schools need a little bit more work towards inclusivity," Hafez said.

He said open racism is rare in Ottawa, which he praised as a good place to be indigenous, but there's still a lot of "misinformation and ignorance" in the community at large.

Curriculum changes could help change that.

"Young people need to understand the realities of what indigenous peoples are facing in this country," Hafez said.

Hafez has just finished his undergraduate studies at Carleton, and will start a masters degree in indigenous governance this September.

He participates in competition pow wows, and was a pow wow organizer for last weekend's Ottawa Summer Solstice Festival.

Jaime Koebel EMMA JACKSON/METRO

CULTURE

Programs with 'substance'

Métis artist and educator Jaime Koebel wants to see more substance alongside the many aboriginal memorials popping up across the capital.

She runs Indigenous Walks, a tour company that puts an indigenous spin on classic Ottawa sights, and takes visitors to important aboriginal landmarks, historic sites and monuments.

But monuments and plaques can only take reconciliation so far, Koebel said.

"We need those, but we also need substance," she said.

There are no indigenous tour guides at the National Gallery of Canada where she works, for instance, nor are there any indigenous tours inside Parliament Hill.

But those kinds of programs would go a long way to creating public awareness of the city's aboriginal history and ongoing presence, Koebel said.

And when plaques and programs are planned, language is also important, she said. A monument near city hall marks the North-West Rebellion, but it's misleading: Koebel says it was in fact a resistance against oppressors, and to call it a rebellion casts the Métis in a negative light.

INFRASTRUCTURE

Hydro Ottawa to purchase Quebec side of the Chaudière dam

Haley Ritchie
Metro | Ottawa

Hydro Ottawa announced Monday that it plans to purchase the remaining Quebec-owned portion of the hydroelectric ring dam at Chaudière Falls.

But before you get your hopes up too high, officials say the purchase won't have a direct impact on local hydro rates.

Hydro Ottawa currently provides power to 62,000 local homes. The Quebec-owned portion of the dam accounts for 33 per cent of the total structure and the additional energy coming from the acquisition will be sold off in order to generate more revenue for the company.

The new assets won't change hydro rates for Ottawa customers — but former energy minister Bob Chiarelli, who was recently named minister of infrastructure, said they could improve city finances.

"Every year (local hydro distribution companies) pay a dividend to their municipal shareholders. I can tell you that my recollection is that it's been on average about $20 million a year in Ottawa," said Chiarelli.

Hydro Ottawa paid the city $19.4 million in dividends in 2015 and $18.2 million in 2014, according to their annual report.

"I would be very, very surprised at this point if this new acquisition and new expansion here did not enable Hydro Ottawa to provide a bigger return to their taxpayer to help keep taxes down and build infrastructure," he said.

The "Chaudière agreement" to purchase of the dam includes a 27-megawatt hydroelectric generation station on the Gatineau side of the falls. The agreement is in addition to Ottawa Hydro's current $150-million expansion project.

Mayor Jim Watson, Ontario Energy Minister Glenn Thibeault and Chiarelli attended the announcement.

Bryce Conrad, president and CEO of Hydro Ottawa, said the amount the company paid for the remainder of the dam is "confidential" and could not be released.

Hydro Ottawa said the closing of the deal is expected before November.

The Chaudière ring dam.
HALEY RITCHIE/METRO

'A different kind of yoga'

BRITISH COLUMBIA

Pilot program launches yoga for domestic abuse victims

David P. Ball
Metro | Vancouver

Women's anti-violence shelters across British Columbia are poised to offer a unique adaptation of yoga — one based on an understanding of trauma.

The B.C. Society of Transition Houses is rolling out the mat for a pilot project to eventually bring "trauma-informed yoga" to 25 shelters across the province, starting with four initial sites, in hopes that the practice will better support women and children fleeing domestic abuse in healing.

For many women in transition houses across B.C., it will be their first experience of yoga at all, said the executive director of one of the first shelter organizations accepted into the program, Dixon Transition Society in Burnaby.

A pilot project in B.C. has launched to teach trauma-informed yoga to clients and staff at 25 shelters across the province. CONTRIBUTED

"I think it's going to be a first time for a lot of the clients," Pany Aghili told Metro. "It's a different kind of yoga, though. It doesn't focus heavily on poses and there's no correction — it's meant to support people to process their thoughts and tap into their inner strength."

Trauma-informed yoga is adapted to not ask participants to imitate a teacher; there are no set poses, instructions to follow, or hands-on posture corrections that could trigger someone with trauma.

"With interpersonal and domestic violence, a large factor at play is coercion and control," said Sarah Holmes de Castro, Yoga Outreach's programs director and a yoga facilitator. "We're talking about women who may not have had a lot of choice in their lives … so we're offering everyone an invitation to participate as they want."

> **Yoga studios can feel not very accessible for some people.**
> Renée Turner

Yoga Outreach's approach therefore may not even involve a yoga mat, but instead sitting in a chair. And instead of difficult postures, many of the practices are much easier movements or basic meditation exercises.

The trainings are part of the Reaching Out With Yoga project, offered by the B.C. Society of Transition Houses (BCSTH) in partnership with Yoga Outreach. The BCSTH's membership coordinator, Hannah Lee, told Metro that its members across B.C. showed an "overwhelming response" when asked about the idea.

Renée Turner, research coordinator for the project, said its approach to yoga is grounded in "a more gentle and sensitive way" of having women tap into their strength.

metro EXCLUSIVE

Fort Mac's never-built highway

Ryan Tumilty
Metro | Edmonton

Metro has learned a second highway out of Fort McMurray that could have sped up the community's massive evacuation from a wildfire in May was announced in 2012, but was never built by the former provincial Progressive Conservative government.

Under then-premier Alison Redford, the Alberta PCs announced $150 million to extend Highway 881 from Anzac to Fort McMurray.

With only one way out, people headed south on Highway 63 during the fire, even as flames burned high in the trees beside the road.

Transportation Minister Brian Mason said the previous government announced the plan but did little to turn it into a reality.

"They never put it in the capital plan," he said. "Many things were announced and then later on quietly removed."

But while Mason is critical of the government for announcing, but not funding the road, he has no immediate plans to change that.

Mason said the government would look at secondary routes out of the city, but could make no commitments.

Interim Progressive Conservative leader Ric McIver, who was transportation minister at the time, said the government had other priorities and couldn't follow through.

He said for all of Mason's criticisms he isn't funding the road either.

"It sounds like in one breath he is criticizing the decision, but in his budget he is endorsing it."

IN BRIEF

Blood donation restrictions lowered for gay men

Health Canada is making it easier for gay men to give blood, so long as they have been celibate for one year.

Canadian Blood Services and Hema-Quebec will now be allowed to accept blood from men who have had sex with men as recently as one year ago.

"It's certainly a step in the right direction," Health Minister Jane Philpott said. Health Canada is also giving agencies $3 million toward that goal. THE CANADIAN PRESS

AFGHANISTAN

Kabul terrorist attack 'cowardly,' Trudeau says

A suicide bomber killed 14 Nepalese security guards who were on their way to work at the Canadian Embassy in Kabul on Monday.

The guards were en route to the embassy in a minibus when the explosion took place, according to a Nepalese guard who was wounded in the attack.

The Canadian Embassy in Kabul confirmed what it called a "cowardly attack" on its security company, but noted that there had been no attack on its embassy premises.

The bombing was also condemned by Prime Minister Justin Trudeau.

"Today's attack on security workers in Kabul is appalling and cowardly," he tweeted.

The bomber was on foot when he struck the minibus carrying the guards, said Gen. Abdul Rahman Rahimi, the city's police chief. He did not identify the foreign security company the guards work for.

The Afghan Interior Ministry confirmed that all 14 killed were Nepalese citizens, describing the attack as the work of a "terrorist suicide bomber." It said the explosion also wounded nine people, five Nepalese employees and four Afghan civilians.

Amrit Rokaya Chhetri, a Nepalese guard wounded in the attack, told The Associated Press they were on their way to the Canadian Embassy when the blast took place.

"Many people died," Chhetri said from his hospital bed. "I say to my family, I am OK and I will come home."

A Taliban spokesman claimed responsibility for the attack in a statement to the media.

But in a conflicting statement, Afghanistan's Daesh affiliate also claimed responsibility, identifying the suicide bomber as Erfanullah Ahmed and saying he carried out the attack by detonating his explosives' belt.

The attack was the latest to hit Kabul as the Taliban have stepped up their assaults as part of their summer offensive.

Abdullah Abdullah, the country's chief executive officer, condemned the attack in a posting on Twitter, saying: "This attack is an act of terror and intimidation." THE ASSOCIATED PRESS

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From a Syrian refugee, with love

RESETTLEMENT

Syrian boy gifts immigration minister with a painted portrait

Federal politicians meet a lot of people, but Syrian children don't meet a lot of federal politicians — let alone the same one twice, in two different countries, each a world apart from the other.

Hamza Ali, 13, remembers clearly the day last November when a trio of Canadian cabinet ministers trooped into an ad-hoc art gallery set up in the Zaatari refugee camp in Jordan.

Ali, one of the artists, shook the ministers' hands and explained the concept behind his gripping paintings of women and men struggling with life and the war in Syria.

Immigration Minister John McCallum told Ali he was struck by the symbolism of a painting showing a woman carrying a map of Syria on her back up a flight of stairs, a heavy red sky in the background.

"Women do all the heavy lifting," McCallum remarked.

That painting now hangs in Health Minister Jane Philpott's office in Ottawa. McCallum didn't have one — until Monday.

The ministers left the camp and went on to open a massive refugee processing centre near Amman that would eventually see thousands of refugees interviewed and screened to come to Canada.

Five of them ended up being the Ali family.

Since February, they've lived in the national capital — Hamza utterly oblivious to the fact his painting was hanging in a high-powered government office just a few minutes away.

When his family was invited Monday to an event in Ottawa to mark World Refugee Day, he and his father decided to paint another.

THE CANADIAN PRESS

Minister of Immigration, Refugees and Citizenship John McCallum holds a painting that Hamza Ali, 13, presented him with in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

U.S. ELECTION

Donald Trump's team gets a shakeup

Corey Lewandowski

Donald Trump abruptly fired campaign manager Corey Lewandowski on Monday in a dramatic shakeup designed to calm panicked Republican leaders and end an internal power struggle plaguing the billionaire businessman's unconventional White House bid.

In dismissing his longtime campaign chief — just a month before the party's national convention, Trump signalled, at least for a day, a departure from the seat-of-the-pants style that has fueled his unlikely rise in Republican politics.

Meanwhile, a man arrested at a Donald Trump rally in Las Vegas told authorities he tried to grab an officer's gun so he could kill the candidate, the Secret Service said.

A complaint filed Monday in U.S. District Court charges Michael Steven Sandford with an act of violence on restricted grounds. THE ASSOCIATED PRESS

ORLANDO

Massacre can't undo gun-control gridlock

A divided Senate blocked rival election-year plans to curb guns on Monday, eight days after the horror of Orlando's mass shooting intensified pressure on lawmakers to act but knotted them in gridlock anyway — even over restricting firearms for terrorists.

Meanwhile, Orlando gunman Omar Mateen identified himself as an Islamic soldier in calls with authorities during his rampage and demanded to a crisis negotiator that the U.S. "stop bombing Syria and Iraq," according to transcripts released by the FBI on Monday.

THE ASSOCIATED PRESS

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CANADA PENSION PLAN TALKS

Finance ministers reach agreement

Most of Canada's finance ministers reached an agreement in principle Monday to revamp the Canada Pension Plan, although Quebec and Manitoba have not signed on to the deal.

Under the agreement, which would go into effect in 2019, contributions for a typical worker earning about $55,000 would initially increase by $7 a month and employers would match those contributions.

The plan would be phased in over seven years until 2025 and it means when people retire their maximum annual benefits would increase by about one-third to $17,478.

Finance Minister Bill Morneau said they're going to improve the pension plan in a way that will make a difference to working Canadians.

Ontario Finance Minister Charles Sousa said after the meeting that what they achieved Monday was for Canada's youth. "Today, this federal government has shown great leadership and great desire to do something of great benefit for our young people."

Sousa said the plan would replace the one his government had been working on.

British Columbia Finance Minister Mike de Jong said the plan is affordable for employees. "I think we have reached a balanced approach to setting the objectives that were set out."

A change to the CPP needs the consent of Ottawa and a minimum of seven provinces representing at least two-thirds of the country's population.

Sources say Ottawa made a major 11th-hour push in hope of securing enough country-wide support to boost the CPP and suggest Prime Minister Justin Trudeau was involved in the extra effort.

THE CANADIAN PRESS

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Supporters of Airbnb hold a rally outside City Hall in New York in January 2015. THE ASSOCIATED PRESS

N.Y.C. closer to curbing Airbnb ads

SHARING ECONOMY

Proposal seeks stiff fines for short-term rental ads

A proposal to outlaw online advertisements for short-term New York City apartment rentals on sites like Airbnb has cleared the state Legislature.

It's already illegal to rent out apartments for less than 30 days in the city.

The measure heading to Democratic Gov. Andrew Cuomo's desk would establish graduated fines of up to $7,500 US for advertising online or elsewhere for short-term rentals, which have expanded with online platforms.

"Airbnb has created a black market for illegal hotel operators," said Assemblywoman Linda Rosenthal, a Manhattan Democrat and bill sponsor. The practice reduces affordable housing for city residents, she said.

Josh Meltzer, Airbnb head of public policy, said lawmakers "cut a last-minute deal with the hotel industry" to pass the bill. He called it "a bad proposal that will make it harder for thousands of New Yorkers to pay the bills."

> **This is a bad bill driven by the hotel industry.**
> Peter Schottenfels, Airbnb spokesman

The penalties range from up to $1,000 US for a first offence, $5,000 US for the second and $7,500 US for the third.

Existing law prohibits owners or renters of apartments in multiunit buildings from renting them for less than 30 days unless they remain present. It permits having boarders or renting rooms.

Airbnb's analysis shows some 24,400 city hosts have made rentals.

"This is a bad bill driven by the hotel industry that will actually exacerbate the affordable-housing crisis," said Airbnb spokesman Peter Schottenfels.

State Attorney General Eric Schneiderman, who investigated Airbnb rentals from 2010 to 2014, called the bill's passage "a positive step" needed if Airbnb can't police itself. His office found 72 per cent of the units in the city were illegal, with commercial operators constituting 6 per cent of the hosts and supplying 36 per cent of the rentals, he said.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Tuesday, June 21, 2016

ROSEMARY WESTWOOD
ON RACHEL NOTLEY'S GOLF-COURSE TREATMENT

Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

Grown men will be boys, as the saying goes.

So when the Big Country Oilmen's Association took an image of Alberta premier Rachel Notley's face and used it for target practice at their weekend golf tournament — well, "everybody had a good laugh," Ernest Bothi, the association's president, told media.

"It was good-hearted laughter," he clarified.

Perhaps he missed the Facebook video of a golf cart careening towards Notley's face and bowling it over, amid a soundtrack of unfriendly glee. "Good-hearted" also wasn't exactly the impression he left in the press. Bothi was "fed up" with the oil economy and frustrated at government, he told the CBC. "A lot of good people have invested their entire life into this industry and for what? So that a government can strip it away from us?" he said.

When asked if he was sorry, he countered with: "For what? For being frustrated? For possibly losing my home and possibly losing my business because of this government? No."

And there you hear real anger that inspired this "good-natured" golf gag.

Bothi later did apologize, after the story picked up steam and he learned British MP Jo Cox was murdered last week. His "timing was poor" and had he known, there would have been no Notley cameo at the tournament.

In making such a declaration, Bothi suggests he believes there's a link between symbolic, even joking, violence against women and actual violence against women, even if it only amounts to poor taste. But you can't have it both ways, sir.

Yes, sexism and violence against women are entwined, and that's why effigies of Rob Ford and Stephen Harper and Ralph Klein never made quite the headlines of the Notley prank. Bothi wasn't applying his judgment to the wider context, as we should. Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

But neither was the feminist outrage well measured. In the comment sections, the only people holier than the ones crying sexism were the ones seemingly blaming the newly empowered NDP for all but original sin.

In truth, at least according to Facebook (Bothi didn't respond to an interview request), anger — not good-naturedness and not sexism — seems to be at the root of the whole thing. Bothi's feed is populated by comments thick with personal jabs, sweeping criticisms and little nuance.

Albertans are a "gullible electorate" and Alison Redford is an "arrogant, lying, pork barrelling pig of a premier," a "Marie Antonette" (sic) whose party will hopefully show "the politically guillotine and cuter her bitumen bubblehead off."

Also, the Toronto media is "corrupt" for publishing Rob Ford's crack video, "most of the Libs and NDP's" on Parliament Hill are criminals and Justin Trudeau is a "pretty boy" and an "airhead."

This week, to the media, Bothi took a decidedly more measured tone. "I'm sure she's a wonderful person to sit and drink coffee with, but I just wish she'd have a change of heart on what she's doing, especially with this carbon tax," he said of Notley.

Likewise, I'm sure Bothi might be a nice enough man to have a beer with, and while I sympathize with the fear he and many oil workers must be feeling, I wish he'd have a change of heart on how he's behaving, especially with all this vitriol stuff.

The feminist outrage was not well measured. The only ones holier than those crying sexism were those blaming the NDP for all but original sin.

Metro POLL
Loving LeBron?

LeBron James has finally brought an NBA championship to Cleveland. In light of the historic win over the mighty Golden State Warriors — the city's first title in a major pro sport since 1964 — we asked what you think of King James's victory.

1 Were you glad or mad to see LeBron and his Cavs rally to win the NBA title?

- LBJ was the best player in this finals and last years as well You don't have to like him, but what he can do is undeniable.
- Not just his game, but his life was put under a microscope to overcome all the adversity is what greatness is made of.
- I was a LeBron hater but c'mon...
- I was angry because of the way he's played...dropping to the court if anyone brushed against him.
- He delivered on a promise and his emotions were so pure and heartfelt.

Not all transit subsidies are created equal

COLLINS' CAPITAL
Steve Collins

OC Transpo's latest fare deck, which goes to council this week, has been reshuffled but it's still stacked.

As on a plane, you don't know whether the next bus rider paid more or less than you for the same ride. Passholders, cash customers and fare-cheats all jam the aisles.

Customers of all types are to soak up two fare changes in six months instead of one, so we can start paying for LRT some 18 months before we can actually ride it.

Presto e-purse riders would absorb two substantial hits, a 5.6 per cent increase to $3.00 on Canada Day and then to $3.30 on New Years Day — another 10 per cent boost.

(Here we might discern the hand of Metrolinx, providers of Presto. Their cut of electronic fares has been two per cent, but that agreement's expiring and they've been pushing for a bigger slice.)

Cash fares, meanwhile, go on a roller-coaster, up 2.8 per cent to $3.65 in July, then down nearly nine per cent to $3.35 in January.

Several councillors have been agitating for a break on cash fares, which they argue many low-income riders end up paying because they can't shell out for a pass, Presto card or sheet of tickets.

This discount's a consolation prize, because there's still no sign of a low-income transit pass. Council balked at its $3.3-million annual cost and classified the subsidy as a "social service"; hence the responsibility of the provincial government. Plan A is to ask them for the money, rather than ask transit riders to subsidize the poor. There isn't a Plan B yet.

But there are subsidies and there are subsidies.

When it came to the $6-million revenue hole generated by eliminating express fares from the suburbs-downtown routes while still running them until LRT launches, there was no hesitation in spreading the cost around to other riders.

Explanations so far — that express service is no longer much faster than a regular bus, that it will no longer go right downtown, and that charging extra would needlessly complicate our system — ignore the extra cost of humping riders across the greenbelt and deadheading empty buses in the opposite direction.

As David Jeanes of Transport Action Canada pointed out, even with the higher price, express routes were among the worst money-losers in the system, recovering about 40 per cent of their cost compared to 75 per cent for an urban route like the 2.

The new all-you-can-commute fare, Jeans argued, is "a transfer of the responsibility for paying for transit from the current express users to particularly the users of regular routes inside the greenbelt."

This suburban subsidy is, naturally, not considered a social service.

Transit commissioner François Malo, who's keen to get started on a Plan B for low-income riders, asked for an accounting of all subsidies OC Transpo currently offers, from student passes to free Canada Day service, in order to get a clearer picture.

But extra costs like suburban buses likely won't be in the frame.

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Your essential daily news

Researchers find running liquid chocolate through electric field makes it flow better, thus needing less fat in recipe

Zika puts a damper on destination weddings

Sarah Jawad and her husband Moufid Jarjour cancelled their wedding in Mexico because of Zika fears. CONTRIBUTED

GUIDE

What you need to know ahead of your nuptials in faraway lands

Megan Haynes
For Metro Canada

Sarah Jawad's wedding almost turned into a $200,000 nightmare.

Right after she mailed invitations to her Cancun nuptials, the Calgary resident started receiving concerned messages from attendees.

Zika had arrived on the Mexican shores.

The virus, which is spread through mosquitoes, can cause serious birth defects among pregnant women, and as a result is having a negative effect on everything from weddings, honeymoons and babymoons.

Much remains unknown about the virus, so women wishing to start families are being told to wait up to 10 weeks before trying to conceive.

In Canada, only those who show symptoms can be tested, which leaves a lot of uncertainty for couples in limbo.

"I didn't want to put any of our loved ones at risk," says Jawad.

"If I were to find out one of them had a child with a birth defect (because) of Zika, I wouldn't be able to forgive myself."

Jawad and her fiance worked with their travel agent to try and bake in some protection for the wedding party to be able to cancel on short notice, should the spread of the virus worsen.

When neither the agent nor resort were able to offer a guarantee that her 80-plus guest list could get some sort of refund on their $2,000 per person trip should the situation worsen, the pair cancelled their dream wedding.

"That's almost $200,000 we and our guests (were) investing in our wedding," she says.

"But we were so frustrated by the generic answers we were getting, we didn't feel protected."

In the end, with only five months to go, Jawal changed their venue to Vancouver and started planning from scratch.

Thankfully, none of her guests had put in their deposits, and through negotiating she and her fiancé were able to recoup their funds for the wedding.

With more than 350 cases of confirmed Zika in Mexico, both the Canadian government and American Centre for Disease Control advise caution, recommending pregnant women and women who want to become pregnant avoid travel to the country at all and for everyone else, using mosquito spray liberally and covering up when outside, which Jawad says reinforces her decision to cancel.

Crystal Adair-Benning, owner of destination wedding firm Distinct Occasions, says while none of her clients have cancelled, the Zika scare is changing the discussion for many in the planning stages of their weddings.

Hawaii, which so far remains Zika free, has become a lot more popular in recent months, she says.

For anyone who has booked (both bridal party and guests), they may only have their insurance to fall back on if the spread of Zika worsen, she adds.

Even then, most insurance will only cover the funds for the pregnant party's travel cost.

If the bride and groom cancel or make changes, insurance won't usually cover guests' costs.

Those who opt to move forward with their weddings in Zika zones, Adair-Benning recommends including bug spray and information guides in welcome kits, and making sure as much information is available to guests ahead of the big day.

While there is no social obligation on the bride and groom to refund their guests, there are some things to consider says etiquette expert Julie Blais Comeau.

Time is of the essence: as soon as a decision is made, guests have to be notified. For longer-leads (and when the invitation hasn't been sent out) a simple note saying the wedding has been postponed will do.

Couples are encouraged to disclose the reason ("Due to health risks associated with the Zika virus, we're making changes to our wedding plans,") though they don't have to tell people they're pregnant or starting a family, she says — that's up to the discretion (and comfort level) of the bride.

The closer you get to a wedding date, the more important phone calls become, providing as much detail as possible around the changes, she says.

In the event of a cancellation of the entire wedding, all presents (from the engagement to the bridal shower to the wedding itself) are to be returned — no exceptions, she says.

Above all, however, Blais Comeau preaches understanding: "Yes, (guests) may have incurred some costs, but be patient," she says.

"It can't be easy to cancel a wedding for whatever reason."

It can't be easy to cancel a wedding for whatever reason.

Etiquette expert Julie Blais Comeau on understanding in cancellations

+ ETIQUETTE

If you're a guest that needs to cancel

1. Notify the bridal party ASAP: Weddings hinge on accurate numbers – more so for destination nuptials, which have extra activities ahead of the ceremony.

2. Provide a reason: Give as much detail as you feel comfortable.

3. A present is still required: Even if you've incurred some expenses, there is still an expectation to send a gift.

Would you Say No To This?

MEDIA LAW

School's ode to Hamilton runs afoul of Copyright Act

Genna Buck
Metro Canada

Students at Wexford Collegiate School for the Arts in Scarborough, Ont., perform a musical number from the Tony-winning Broadway hit Hamilton earlier this month. After posting three numbers from the musical on YouTube, they were issued a takedown request from the Hamilton PR team. MICHAEL ROBINSON

Lawyer Bill Northcote has a message for the high school students and teachers in Scarborough, Ont. who staged three numbers from the hit Broadway musical Hamilton, only to have them removed from YouTube:

Be willing to wait for it.

The musical — a hip-hop retelling of the life of founding father Alexander Hamilton — is not yet licensed for amateurs.

Reproducing it is infringement under the Copyright Act, said Northcote, chair of business law at Shibley Righton LLP in Toronto. And it doesn't matter that the play is American. The rules are essentially the same.

The singing, rapping and dancing chops of students from Wexford Collegiate School for the Arts earned accolades from around the Internet before the videos were taken down at the request of Hamilton's PR rep Thursday.

Although a takedown request or cease-and-desist letter usually does the trick in cases like this, the copyright owners could be within their rights to get a court order preventing the school from performing Hamilton any more and could seek damages (monetary compensation) for its unauthorized use, Northcote said.

That is, unless the Wexford kids could successfully argue they qualify for an exception.

One way would be through fair dealing: Copyrighted works may be used for research, private study, education, parody or satire.

Just how much copying is fair is defined case-by-case. Even a cover of a single song can be infringement, and "reproduction of the whole work is certainly not fair," in the case of a musical, Northcote said.

There's also a special exception for performances at schools.

But the show has to be primarily by students, for an audience of mainly students and teachers, on school property and not put on for profit.

But Wexford students performed for the media and posted recordings to YouTube. The more people see a grifted work, the higher the damages could be, Northcote explained. Their rendition of the song Right Hand Man had 21,000 views.

This was students' and teachers' "love letter," artistic director Ann Merriam told Torstar News Service. They wanted to catch the attention of Hamilton's creators.

But they hoped it would be in a positive way.

It's reasonable to hold off on allowing amateur productions, Northcote added, especially while Hamilton is still booming on Broadway. It's part of the creators' rights to cash in on the time and effort they put into making it.

U.S. and international tours of Hamilton are planned into 2018 and beyond. So it will likely be years before it's heard at high schools. WITH FILES FROM TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Yelchin SUV was recalled

The SUV that rolled down a driveway and killed Star Trek actor Anton Yelchin was being recalled because the gear shifters have confused drivers, causing the vehicles to roll away unexpectedly, government records show.

Yelchin, 27, a rising actor best known for playing Chekov in the rebooted series, died Sunday after his 2015 Jeep Grand Cherokee pinned him against a mailbox pillar and security fence at his home, Los Angeles police said.

The 2015 model-year Grand Cherokees were part of a global recall of 1.1 million vehicles announced by Fiat Chrysler in April, National Highway Traffic Safety Administration records show.

The recall was urged after complaints from drivers who had trouble telling if they had put the automatic transmissions in park.

If they were not in park and a driver left the vehicle, it could roll away.

Fiat Chrysler, which makes Jeeps, said in a statement Monday that it was investigating and it was premature to speculate on the cause of the crash. THE ASSOCIATED PRESS

Relax with these 5 tips on summer airport travel

ISTOCK

Summer is peak travel season and airports from coast to coast are bursting at the seams. Whether flying for business or pleasure, make your air travel experience go smoothly with these five expert tips from Roch Lefebvre, seasoned traveller and services director for Air Canada:

1. Take a breather, and think before packing. Most people bring too much, but forget basics like underwear or sunscreen. Make a checklist of all the things you'll need, and save it on your computer or smart device so you can use it again on your next trip.

2. Know your carry-on and checked baggage allowances, including dimensions and prohibited items, before packing. Remember that any liquids in your carry-on need to be in containers measuring 100 mL or less. Instead of buying overpriced travel-sized toiletries, save with environmentally friendly refillable mini containers for your shampoo and creams.

3. Double check that the details of your itinerary including name spelling, date, time, seat assignment etc., are correct to avoid delays — or worse, a missed flight. Also make sure to enter your frequent flyer card info when you purchase your ticket, and check that the name on your passport and points card match up so you don't miss out on those miles.

4. Take advantage of online services. When you buy your ticket, select your meal-type preference and indicate any dietary restrictions so you know you'll have something you can eat on the plane. Another time-saver is checking in online up to 24 hours before departure and selecting your seats before arriving at the airport. An electronic boarding pass will be sent to your email or phone that you can use to get through security and board the plane.

5. Above all, relax, use common sense and enjoy your travels knowing that at Air Canada safety is first and last, all the time. When you see the red maple leaf on the aircraft tail, you know you're one step from home.

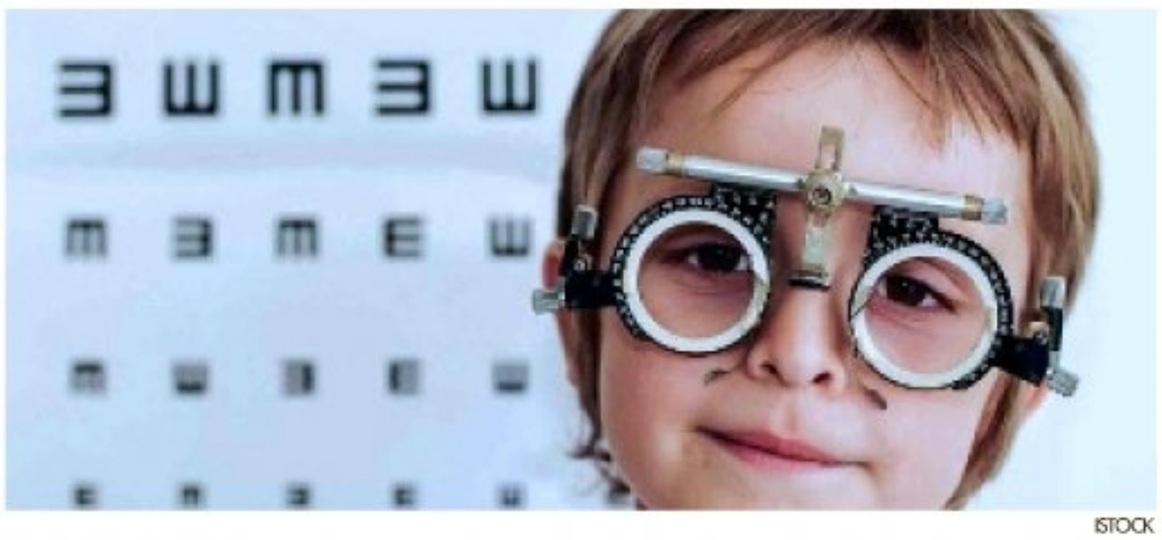
— *NEWS CANADA*

Have you been diagnosed with depression?
Do you continue to have depression symptoms despite taking at least two different antidepressant medications?
Royal Ottawa Mental Health Centre is currently enrolling participants for a clinical research study to look at the effectiveness and safety of an investigational medication (given as a nasal spray) in patients with depression who have not responded to prior treatment with at least two antidepressants.

To be considered for the study, you must be:
- 18 to 64 years old
- Diagnosed with depression
- Still be experiencing depression symptoms despite having taken two antidepressant medications in the past
- Comfortable with using a nasal spray
- Able to provide written informed consent

The study doctor will discuss additional requirements for being in the study.
If you are eligible for this study and choose to participate, you will receive all study visits and study-related medical care at no cost to you. Compensation for your time and travel expenses may also be provided.
For more information, please call the study research staff at:
613-715-5838

Take care of your child's eyes



ISTOCK

Eye health is an often overlooked but crucial part of our overall well-being, especially for young kids.

Andrew Fader, Regional Manager of Rideau Optometric says it's never too early to start taking care of our eyes.

"Monitoring eye health in a child's development can be crucial to their vision health. Many parents don't know that OHIP covers children every single year for a comprehensive eye exam until they turn 20," he explains, adding children should have their first exam around six months of age.

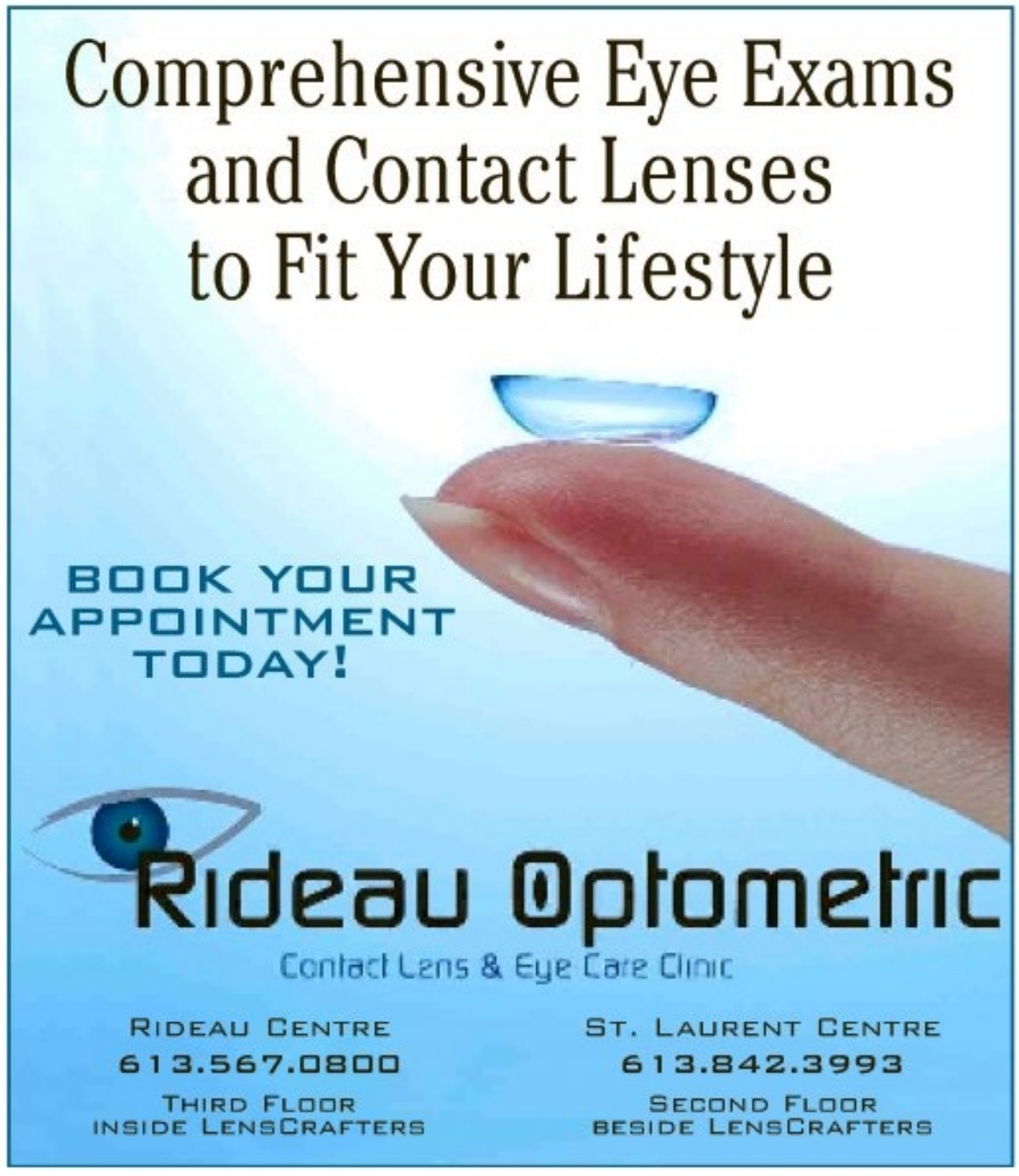
While routine exams for those ages 20 to 64 are no longer covered by OHIP, the doctors at Rideau Optometric still recommend annual exams as many other health conditions can be uncovered during the process.

"Even outside of the eyes, a lot can be seen about overall health from the eyes. Many conditions are asymptomatic and, if caught early, can be properly treated," he explains.

Technology has made it easier for optometrists to thoroughly examine our eyes. Rideau Optometric uses a special retinal imager, which provides a 200-degree ultra-wide image of the retina, allowing for a detailed look at the area.

"Eye health comes first," says Fader. "Your vision is too important to be ignored. Too many people think their vision is perfect and that their ocular health is too. Make sure it is."

For more information, visit Rideau Optometric in the Rideau Centre and St. Laurent Shopping Centre or visit RideauOptometric.com.



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For those seeking assistance with medically supervised targeted fat reduction, a remarkable new treatment option is now available.

BTL Vanquish ME™ is the world's most advanced system for body contouring. This treatment is open to individuals who are looking to improve their problem areas, such as their abdomen, love handles, and thighs when diet and exercise have failed.

The system delivers energy selectively into the fat tissue, generating thermal reaction and killing fat cells.

BTL Vanquish ME is an award-winning new system, earning the Aesthetic Industry Award for Best Energy-Based Body Shaping Device in 2015.

This groundbreaking new technology is non-invasive and pain-free. It is FDA and Health Canada approved, meaning it is safe and clinically proven. No recovery time is required after treatment.

Following treatment sessions, clinical studies have revealed patients have achieved average abdominal reductions of 4-5 centimetres and no serious side effects were reported.

The only clinic in Ottawa that offers Vanquish body contouring is the Hazeldean Weight Loss Clinic. Their medical team is certified by BTL Canada, Inc. and will work with individual patients every step of the way on their unwanted fat reduction and body contouring.

For more information, call (613) 778-8766 or visit hazeldeanweightloss.ca to book a consultation.

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Someone suffering from obstructive sleep apnea can repeatedly stop breathing for up to ten seconds (or more), dozens, even hundreds of times per night, eventually resulting in daytime sleepiness. And other serious health consequences including high blood pressure, stroke and heart attack. If gone unnoticed, sleep apnea can be extremely dangerous. Your dentist can help you create a proper plan to help you deal with sleep apnea.

Dentists cannot diagnose sleep apnea but they can help recognize the signs and symptoms to refer you to your family physician. Dentists can also work with your physician to fabricate oral appliances (comparable to an athletic mouth guard) to help prevent your jaw and tongue from blocking your airway. Please feel free to discuss any concerns when you visit us at the Rideau Dental Centre. Contact us at (613) 230-7475.

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Get allergy relief, naturally

More than one in six Canadians suffers from hay fever or seasonal allergies. Every year, people deal with sneezing, itchy throat, watery eyes and nasal congestion. Depending on what a person is allergic to, the suffering can actually start in the early spring and last right until autumn.

With increased awareness of medication interactions and over-the-counter allergy medications causing undesirable side effects like drowsiness, it's no wonder that people are looking towards more natural ways to treat their symptoms. NutriChem, a compounding pharmacy and clinic in Ottawa, can offer allergy relief without the side effects.

"One of the most common questions in our NutriChem stores once the snow melts is how to treat these symptoms naturally," says Laura Mierzwa, Store Manager and Registered Holistic Nutritionist. "We have lots of information in store, and many products to help."

First: prevent allergy symptoms

You should prime your body for the onslaught of allergens with a healthy, balanced lifestyle. This includes cleaning up your diet, exercising regularly, and reducing stress to strengthen your immune system. In addition, clean your home, car and office with natural cleaning products that do not contain harsh chemicals to help reduce symptoms caused by common dust mites and mould.

Using 1-2 tsp per day of local honey helps your body adapt to local allergens, and can reduce symptoms over time.

Using the right homeopathic remedies before allergy season is another way to prevent the symptoms from occurring in the first place. Speak with your homeopath, your naturopathic doctor, or with a NutriChem health counsellor to discover what remedies are best for you.

Next: treat allergy symptoms

Some natural supplements to treat allergy symptoms include quercetin (a natural anti-histamine), probiotics (to help support the body's immune system), and apple cider vinegar (1 tbsp, 1-3 times per day to help reduce mucous and cleanse the lymphatic system). Homeopathic products can also help reduce allergy symptoms safely, naturally and without side effects.

Allergy products are on sale this month at NutriChem. Contact them today for natural allergy symptom relief, or shop online at nutrichem.com.

Hear what you've been missing with help from CHS

CONTRIBUTED

Are you constantly asking people to repeat themselves, turning up the TV or having difficulty hearing on the phone? If so, you may be among the one in four Canadians with hearing loss.

Because hearing loss happens gradually, it often goes unnoticed. Many people are in denial about their hearing loss and some withdraw in social situations because they can't follow the conversation.

But there are ways to cope, with help from the Canadian Hearing Society (CHS).

Trusted since 1940, CHS has been providing industry-leading products, programs and services to Deaf and hard of hearing Canadians, to ensure barrier-free access and increased quality of life.

CHS has been a leader and innovator in the field of audiology — the assessment and management of hearing loss — for 75 years. CHS has modern, state-of-the-art audiology facilities located in key CHS offices throughout Ontario, offering an array of services including hearing testing, hearing aids, tinnitus consultations and more. We can prescribe a hearing aid, help you choose the one that's right for you, order it, make sure it fits, teach you how to use it, and even repair it. If you need information, support or education to help you adjust to your hearing loss or using a hearing aid or device, our team provides that, too. And we can refer you to other specialized services at CHS — the leader in hearing healthcare services since 1940.

Schedule your complimentary hearing test today by calling (613) 521-0509.

Early diagnosis of varicose veins means better treatment results

ISTOCK

If you're experiencing pain or a burning sensation in your legs, numbness, heaviness or fatigue, you could be suffering from varicose and spider vein problems.

Varicose and spider veins affect nearly 60 per cent of the population and, thanks to hormonal factors, the condition is three times more common in women than men. Varicose and spider veins occur when the vein wall loses its elasticity and the pumping valves stop functioning properly.

Experts agree that the best way to treat a potential problem is through early diagnosis.

"Early treatment will give you better results," says Dr. Lucie Beaupré of Dr. Beaupré Vein Clinic. "Sometimes spider veins are a sign of something more serious that the patient should be seeking treatment for."

When it comes to treating varicose veins, no doctor in the Ottawa area is more qualified.

Since 1978, Dr. Beaupré has treated, or supervised the treatment of, more than 100,000 patients. She is a member of both the Canadian Society of Phlebology and the American College of Phlebology and the first doctor in Ottawa to be certified by the American Board of Venous and Lymphatic Medicine.

Her clinic was also the first in the province to perform ultrasound guided sclerotherapy for treating large veins without surgery. The procedure involves a solution injected into the varicose veins. Within a few weeks, the veins disappear completely.

Almost any type of varicose vein disease can be treated with sclerotherapy. For more information, visit drbeaupreveinclinic.com.

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metro SPORTS

Over 10,000 fans gathered at Hopkins International Airport to welcome home the NBA champion Cleveland Cavaliers

HOCKEY

Lemieux praises Crosby's growth

Kristen Lipscombe
Metro | Halifax

Much like a proud father, Pittsburgh Penguins owner Mario Lemieux has stood by and supported his NHL team's captain as he matured from being Sid the superstar Kid to Crosby the seasoned captain.

"It was amazing to see him become the man that he is today," Lemieux said Monday of Sidney Crosby, who led the Pens to this year's Stanley Cup.

"You saw throughout the playoffs, he was the best player out there, and the leader of our team. He deserved the The Conn Smythe Trophy."

Mario Lemieux
GETTY IMAGES

Crosby, 28, scored six goals and added 13 assists for 19 points in 24 playoff games en route to his second Stanley Cup, which came seven years after he first hoisted hockey's most coveted trophy.

"I think he's more of a complete player," Lemieux said. "Defensively, I think he's improved a lot over the last couple of years.

"That's the biggest thing that in his game has improved, is that he can play both sides of the puck."

Lemieux, who captained Canada to gold at the 2002 Olympic Winter Games, is spending time in Halifax early this week for the Hockey Canada Foundation's 13th annual Celebrity Classic gala and golf tournament, where he is being honoured as one of four new Order of Hockey in Canada recipients.

This year's three other inductees are longtime Canadian Hockey League president David Branch, two-time Olympic medallist and seven-time world champion Geraldine Heaney and internationally renowned executive Bob Nicholson, who is the current CEO and vice-chair of Oilers Entertainment Group and former CEO and president of Hockey Canada.

Dorion licking his chops

SENATORS

GM says depth of draft's first round is strong

Pierre Dorion remembers the nerves at his first NHL draft with the Ottawa Senators, when he convinced then-general manager Bryan Murray to trade up in order to select defenceman Erik Karlsson 15th overall.

That was back in 2008, when he was still a scout. Eight years later, Dorion is heading into his first draft as Senators GM with an air confidence.

The Senators hold the 12th overall pick, and Dorion seems certain they will get a quality asset in the first round on Friday when the draft begins in Buffalo, N.Y.

"I'm really excited about (picking) 12th," Dorion said Monday.

"There's probably 15-18 guys that I like in the first round, like really like and I know at 12 we're definitely going to get a quality player whether it's a top four defencemen or top six player.

> **For all the scouts this is really the big day.**
> Pierre Dorion

"Someone that ... realistically might not play next year, but within a few years will play and contribute."

If the opportunity arose the Senators would like to move up, but Dorion doesn't anticipate that happening. While there has been chatter among GMs it's likely things will heat up later in the week.

"Obviously, myself being a new general manager I've been fielding a lot of calls," said Dorion, who was named Senators GM on April 10 after Murray stepped down. "Guys are introducing themselves, but at the same time I've found compared to previous years there's been lots of activity, talk.

"Over the course of the last few weeks I've pretty much touched base with at least 25 guys."

While top prospects always garner a lot of attention, Dorion is excited about the quality of players available throughout the first round.

"I think it's a great first round. I've been scouting for over 20 years and this is definitely one of the real good first rounds. I think there's a drop in the draft at a certain point in the second round, but the depth at the first round I would say is almost outstanding."

THE CANADIAN PRESS

EURO 2016
GROUP STAGE

3 0

WALES OF A TALE
Neil Taylor of Wales scores past Russia goalkeeper Igor Akinfeev on Monday in Toulouse, France. Aaron Ramsey and Gareth Bale also scored in a 3-0 win for Wales, which advanced to the knockout stages as Group B winner. England also advanced from the group following a 0-0 draw with Slovakia.
STU FORSTER/GETTY IMAGES

SOCCER

Canada names its 18-woman roster

Christine Sinclair leads a young Canadian soccer squad for the Rio Olympics.

It will be the third Olympics for Sinclair, who captained Canada to a memorable bronze in the 2012 Games on London.

Goalkeeper Sabrina D'Angelo makes the squad despite being sidelined recently with a fractured wrist. But there is no place for Gabrielle Carle, who has been out with a high ankle sprain of late.

The 18-woman roster has a combined 1,295 caps with 978 of those belonging to Sinclair (243), Diana Matheson (183), Rhian Wilkinson (175) and Sophie Schmidt (149). THE CANADIAN PRESS

25.4

The average age of the roster, which includes six veterans from the 2012 Olympics.

IN BRIEF

Canadian men's rugby team climbs in rankings

Canada has risen one spot in the world rugby rankings to No. 17 after thumping Russia 46-21 in Calgary.

The Canadian men vaulted past the U.S., who slipped to No. 18 in the wake of a 24-20 loss to Italy. Canada hosts the touring Italians, who moved up one spot to No. 13, on Sunday at Toronto's BMO Field.

New Zealand remained No. 1. THE CANADIAN PRESS

NHL

Oilers debut new digs to start season

The Edmonton Oilers will inaugurate their brand new Rogers Place arena on Oct. 12 when they host the rival Calgary Flames on the opening night of the 2016-17 NHL season.

That's not the only provincial rivalry on the ice that night as the Ottawa Senators will host the Toronto Maple Leafs.

The NHL announced the two games on Monday, along with every other home opener of the upcoming season. The Winnipeg Jets host Carolina, Calgary will host the Oilers in the Flames' home opener. Toronto welcomes Original Six rival Boston, while the Vancouver Canucks host Calgary. THE CANADIAN PRESS

SCHEDULE

The entire schedule will be released Tuesday. It includes outdoor games in Pittsburgh, St. Louis, Toronto and Winnipeg.

RECIPE Pulled Pork Burrito Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Take last night's pork and whip up an entirely new meal.

Ready in
Prep time: 30 minutes
Cook time: 30 minutes

Ingredients
- 2 cups brown rice
- 1 large sweet potato, cubed
- 1/2 tsp chili powder
- 1 1/2 cups leftover pulled pork
- 1 tomato, diced and drizzled with a little olive oil and salt
- 1 avocado, cubed
- 1 bunch cilantro
- 1 1/2 cups frozen sweet corn
- 1 x 16 oz can black beans
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- Juice of one lime
- Handful of chopped cilantro
- 2 cups sour cream
- 1/4 cup lime juice
- 1/4 tsp chili powder

Directions

1. Preheat the oven to 400. Prepare brown rice according to directions; set aside.

2. In a bowl, toss the sweet potato with 1 Tbsp of the olive oil, the chili powder and salt. Roast sweet potato on a baking sheet for 15 minutes, check and flip; roasting another 10 minutes, or until cubes are tender and golden brown.

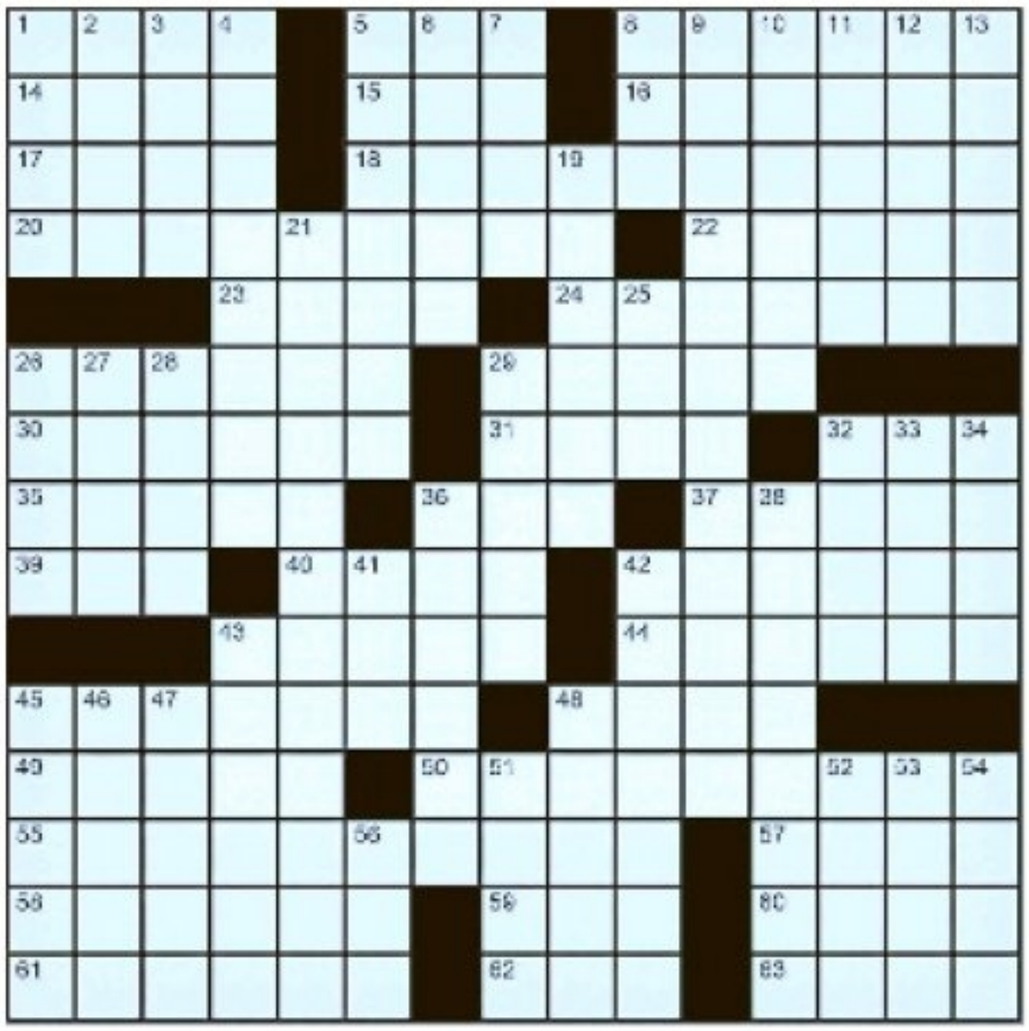
3. Cook corn according to directions. In a medium bowl, mix corn, black beans, garlic, the remaining olive oil and lime juice. Stir in the cilantro and season with salt.

4. Assemble bowls with brown rice, roasted sweet potato, tomato, avocado, black bean and corn salsa and leftover pulled pork. Drizzle with crema dressing and sprinkle with fresh cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Milwaukee's state [abbr.]
5. _ Boys (1886 Louisa May Alcott book)
8. Split-causing rift
14. 'Eight'-meaning prefix
15. Repeatedly in verse
16. _ Sound, British Columbia
17. Mr. Julia
18. Canadian _ Magazine
20. U-Haul rental: 2 wds.
22. Permeate-y
23. Silk: French
24. Cobie Smulders, for one
26. Innovative
29. "_ & Symphonies" by Canadian band Spoons
30. Alison of Bluegrass
31. Airline to Israel: 2 wds.
32. Zag's counterpart
35. Crooner Mel
36. 'Functional' finisher
37. "Strawberry Wine" by _ Carter
39. Prime meridian std.
40. Elvis Presley's father, to pals
42. "Donnie _" (1997)
43. Region's forest trees
44. Traditional observance
45. Baroque composer nicknamed 'The Red Priest'
48. Economize
49. Canadian singer Melissa
50. Slocan Lake village in British Columbia: 2 wds.
55. Surety
57. Theatrical tryout target
58. Funeral delivery
59. Ed Sheeran tune
60. Jessica _ (The Honest Company co-founder)
61. Glares
62. Painting's blue part, often
63. Don

DOWN
1. Fish bait
2. Flight-related UN Agcy.
3. R's followers...
4. Hamilton venue FirstOntario Centre, formerly Copps _
5. UNESCO World Heritage Site in Nova Scotia, _ Fossil Cliffs
6. "The Three Faces _ _" (1957)
7. Ancient promenade
8. Grad-to-be, briefly
9. Take a road trip, such as the Fundy _ _
10. Dreamers
11. "...ring _ _ wed."
12. _ class (Misses the lecture)
13. Famous store in New York
19. So cool, to a skateboarder
21. Archaeological discovery at L'Anse aux Meadows in 1960: 2 wds.
25. "Homeland" org.
26. Subj. at business school
27. Golds, in Barcelona
28. Bar game prop
29. Big name in insurance
32. Ms. Pitts of silent movies (b.1894 - d.1963)
33. Empire of Peru
34. The Ballad of Reading _
36. Alberta hamlet near Medicine Hat
38. Like freshly shucked oysters perhaps: 2 wds.
41. Past time, in past times
42. Mr. Cooper
43. Navy member
45. Voices, in Latin
46. _/_ tray (Office desk item)
47. Andorra la _ (Capital of Andorra)
48. Hilary of Hollywood
51. God of love of ancient Greece
52. Coyote's snack
53. Movie star Idris
54. Back
56. Mr. Pennington of TV home improvement, and namesakes

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you impress bosses, parents and VIPs. You also might be involved with work-related travel or dealing with people from other cultures and countries.

Taurus April 21 - May 21
Travel for pleasure is on your mind! (You love cruises.) Look for ways to get further training or education by signing up for a class or attending a school.

Gemini May 22 - June 21
This is a good day for a heart-to-heart discussion about inheritances, shared property and anything you own jointly with others. You'll come out smelling like a rose!

Cancer June 22 - July 23
Enjoy the company of partners and close friends, because people feel warmhearted today. In particular, you will enjoy talking to relatives and siblings.

Leo July 24 - Aug. 23
Co-workers are supportive today. At work, others will help you in whatever you are doing. Look for ways to boost your income, because you just might pull this off!

Virgo Aug. 24 - Sept. 23
This is a playful, social day. Accept invitations to party. Enjoy sports events, the arts and schmoozing with others. Fun activities with children also will please you.

Libra Sept. 24 - Oct. 23
This is a good day for important real estate discussions. Family gatherings will be positive and friendly. A spontaneous gathering might take place at your home. (Stock the fridge.)

Scorpio Oct. 24 - Nov. 22
Because you are in such a positive frame of mind today, all your communication with others will be successful. It's a great day for writers, salespeople, actors and teachers.

Sagittarius Nov. 23 - Dec. 21
Business, commerce and cash flow are favored today. Look for ways to expand your income or get a better job, especially if it involves foreign countries or foreign ownership.

Capricorn Dec. 22 - Jan. 20
This is a good day for business for you. It's also a good day to do anything that will promote domestic peace and happiness. You can't lose today!

Aquarius Jan. 21 - Feb. 19
Whatever you do today, you will have a warm feeling in your tummy, because everything is coming together nicely. Nevertheless, you will prefer to work behind the scenes or alone.

Pisces
Feb. 20 - March 20
Warm relations with friends and members of groups will help you achieve some goals today. A friend might introduce you to someone who will expand your world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4					
9		6		1		5		7
2			6					8
						6		1
	4						8	
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	8	6	2	1	9	5	7	3
2	3	7	8	5	6	4	9	1
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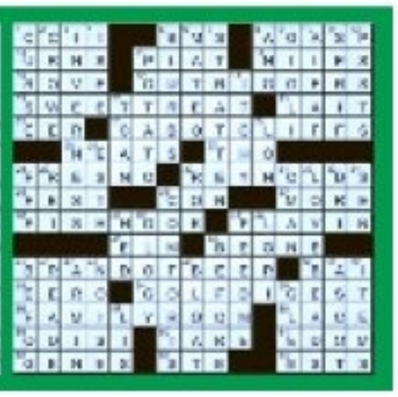
6	7	8	9	3	1	2	5	4
5	9	1	6	2	4	7	3	8
3	4	2	5	7	8	1	6	9
8	1	3	4	6	5	9	2	7
7	2	5	1	9	3	8	4	6
9	6	4	7	8	2	3	1	5



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